

學校簡介

法政大學成立於1920年，位於東京都千代田區，前身是日本第一所私立法學校，有市○谷、多摩、小金井、□岡F▲C 4個校區，法政大學與東京大學、早稻田大學、慶應義塾大學、明治大學、立教大學合稱為「東京六大學MARCH」之一。目前擁有16個學部、函授教育部、14個大學院研究科、1個學部、2個專職大學院的綜合大學。

國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

該學校為交換生提供日語語文課程、ESOP(全英課程)以及日文達N2學生可選修一般日文授課課程。在入學前，該學校以線上測驗方式，將每位學生日文程度分級，從初階J1到高階J7，預修習日文課程者，就依測出來的級數選修該級中的日文課程，包含會話、閱讀、日檢對策及寫作等多元語文課程。由於我的交換期間僅一學期，雖在赴日交換前已取得N1資格，但希望藉由這幾個月密集的語文課程能補足，在過去日文學習上無法突破的部分，所以這次全都選擇修習日文語言課程，這所學校交換生以歐洲學生占比最高，所以在日本的學習環境之外，也有許多與歐美學生交流的機會。

從獲選為法政大學交換生起，透過與該學校的各種交換生需申請的繁雜簽證、宿舍申請等，學校的應對都非常親切且有效率，各項資訊都非常清楚，可以感受到是所在國際事務上非常有經驗的學校，降低了赴日留學前的不安感，在說明會、選課及生活詢問上都給予很大的協助。然而，在前述的日語課程分級制度至中，只能修習所屬級別課程，或修上一級的課程，學校不允許學生修比自己級別簡單的日文課程，雖然明白學校希望學生能進步的美意，但對於向我這樣長期自學的學生，希望去補足過去基礎不足，就無法完全達成自身的學習目的，對我來說這部分是比較可惜的。再者，學校規定每位交換生最少須修6學分的課程，以我的狀況來說，J6的日文課幾乎都於早上第一堂課開始，一周六堂課，且必須與日本上班族擠滿員電車上學，每節日文課都有作業及考試，可以感受到課堂老師的用心，但相對的在學習上也較有壓力，不過最後也獲得滿滿的收穫。

國外研修之生活學習（課外）

我被分配到的宿舍位於東京都江戶川區的葛西站附近，是日本共立宿舍集團的物件，為學校合作的宿舍，搭乘地鐵約25分鐘後可抵達學校。葛西站附近生活機能方便，我居住的宿舍於中葛西附近日常生活所需基本上以步行15分鐘內距離皆可達成。然而，宿舍個人空間不大僅有8坪，看得出建築有些年代，隔音也較差，雖然每日皆有專門打掃人員清潔，但公共洗手間和衛浴數量少，因此偶爾還是會出現不整潔的狀況。宿舍24小時有宿舍長夫婦在，有什麼問題可以隨時反映，且周一到六皆提供早、晚餐，在吃飯方面就比較不用煩惱。

在課餘時間，學校也有安排文化交流活動，像是棒球賽觀戰，社團體驗、日本文化體驗等活動，若課餘時間允許者都可以報名參加，只是部分活動名額較少或許無法滿足所有想要參加的學生。學校在一開始都會分配每位交換生2名日本學生夥伴，可以向他們詢問各種生活問題，我覺得這樣的制度非常好，我的夥伴在剛抵日時就協助我去區公所辦理各項手續，以及協助銀行開戶等，過程中也可以與他們交流，在周末時，也有一同約去東京近郊遊玩。課餘時間也利用假期到日本不同地方旅遊，在旅遊過程中很開心，但偶爾會遇到些困難，但最後都順利解決，在遊玩欣賞美景之餘也成長了許多。

交換/研修之具體效益（請條列式列舉）

（一）日文語文能力提升

如前面所敘，法政大學對於交換生修習課程方面較嚴格，在日文課程中，每周都有作業及考試，上課時老師也時常希望學生發表意見，及與其他國家學生組成小組討論，因此無論是修哪種語文

課程，其實都會有非常多需以日文法表意見的機會，雖然上課時不免有些壓力，但最後的確是進步許多。

(二) 體會日式文化

對於臺灣人來說，日本文化一點都不陌生，舉凡網路上的各種資訊，或大多數的人過去都曾到訪旅遊過。但實際在日生活跟過去的經驗還是有蠻大差異，初期在辦各項抵日手續中，可以完全體會到日本文化的嚴謹及手續繁雜，尤其在東京這樣的大都市生活，有許多潛在禮貌規則需自行體會及遵守。

(三) 與其他國家學生交流機會

在上日文課程中，同學大多來自歐美國家，有時會組成小組討論，或是上課發表意見時，可以聽到不同國家的人對於日本的想法，我在的班級歐美的學生日文能力都非常優秀與他們交流過程中，可以學習到許多。

海外生活期間是否曾遭遇困境，及是否解決問題?如是，請說明如何解決問題;如未解決，請說明事件最大的啟發及思考未來可以怎麼解決?

起初抵達時到銀行開戶時，行員希望我們在現場用手機申請，但是我的手機臉部認證一直過不了，但行員態度也很強硬，堅持我用手機申請，最後還是失敗，但強烈向行員表達需要開戶的需求，請他提供其他申辦方式，因為當時有名日本學生陪同，行員才勉強讓我用其他方式，以日本這樣較保守的文化，還是需要請日本人陪同才較能有效。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

雖然會日文，但說出日文後，馬上會被日本人發現是外國人，偶爾還是會有些歧視的眼光和對待，但目前日本有非常多外國人生活，就保持開放且彈性的心態即可。

海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼?

能夠一個人獨立做許多事

您認為獎學金對您海外研修最大的幫助是什麼?有無獎學金是否會改變您的出國計畫?

由於出國交換所需費用比在國內時多很多，因此有獎學金能減輕負擔，讓我更有自信出國交換。

感言及心得感想

法政大學對於接受國際交換生相當有經驗，各項繁雜的手續都能清楚的通知學生，與學校溝通無礙，也很重視交換生的意見，且學校位在東京市區，交通方便，雖然我所處的市谷校區範圍不大，但也是所有學校行政單位的地方，若有任何問題能隨時反映。至於上述的學校對於交換生的學習規定，雖然較嚴格但最後也收穫良多，若有考量赴法政交換的學生，可以評估看是否能與自身學習目標相符合。且法政的歐美學生眾多，也有全英文課程能選修，能同時在兩種語言環境學習，是一個非常難得的機會。

另外，宿舍部分大部分交換生皆會選擇與學校配合的宿舍，選擇只有兩間且是學校分配不能選擇，我認為這部分是比較希望能改善的，查詢過學校資料有其他更多的配合宿舍，但學校僅提供兩間的選擇，或許是希望能方便掌握交換生情形，不過應該提供更多房型及不同價格供選擇，能滿足每個人不同生活習慣。

最後，非常建議準備赴日交換的同學們，能在臺灣時就盡量提升自己的日文能力，雖然能藉由漢字來判斷意思，且東京這樣的大都市用簡單英文及日文生活所需皆沒問題，但由於交換時間不長大多一年至半年，若能夠在台時期日文已有一定能力，在日本期間的學習效益會更高，其實觀察開學前的日文程度分級，可以發現臺灣、中國及韓國等亞洲學生大多被分在級數較高階的班級。雖然目前在日生活的外國人非常多，日文不好也不會有生活障礙，但若已有一定程度能深入體驗日本文化，閒暇之餘也能去打工，在出發前盡可能提升日文能力，應該是在短時間可達成深入體會日生活最有效率的方式。

英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等)

Hosei University was established in 1920 and is located in the Chiyoda ward of Tokyo. It was originally Japan's first private law school. The university has four campuses: Ichigaya, Tama, Koganei, and Shizuoka Satellite. Keio University, along with the University of Tokyo, Waseda University, Keio University, Meiji University, and Rikkyo University, is collectively known as the "Tokyo Six Universities MARCH." It currently has 16 undergraduate faculties, a correspondence education department, 14 graduate schools, and one undergraduate and two professional graduate schools.

The university offers Japanese language courses, ESOP (English programs), and regular Japanese courses for students who have passed the N2 level. Prior to enrollment, students are assessed online to determine their Japanese proficiency levels, ranging from beginner J1 to advanced J7. Based on their placement, students can choose from various Japanese language courses, including conversation, reading, JLPT preparation, and writing. Although I had already obtained N1 qualification before the exchange period, I chose to take intensive Japanese language courses for a few months to fill in the gaps in my previous Japanese learning. This school has the highest percentage of European students among exchange students, so besides studying in Japan, there are also many opportunities to interact with European and American students.

Since being selected as an exchange student at Keio University, the school has been very friendly and efficient in dealing with various exchange student requirements, such as visa applications and dormitory applications. All information was very clear, indicating that the school is highly experienced in international affairs, which reduced my anxiety before studying in Japan. They provided great assistance in orientation sessions, course selection, and daily life inquiries. However, regarding the aforementioned Japanese course grading system, students can only take courses at their level or one level higher. The school does not allow students to take courses below their level, even though I, as a long-term self-taught student, wanted to fill in the gaps in my foundation. This was a bit disappointing for me. Additionally, the school requires each exchange student to take a minimum of 6 credits. In my case, the J6 Japanese course started almost every morning as the first class, with six classes per week. I had to take crowded trains with Japanese office workers to school. Each Japanese class had homework and exams, showing the teachers' dedication. However, this also added pressure to my studies. Nevertheless, I gained a lot from the experience in the end.

I was assigned to a dormitory near Kasai Station in Edogawa-ku, Tokyo. It is a property of the Japan Kyoritsu Dormitory Group, and it is a dormitory that the school cooperates with. It takes about 25 minutes by subway to reach the school. Kasai Station area has convenient living facilities, and the daily necessities near my dormitory in Naka-Kasai are basically within a 15-minute walk. However, the personal space in the dormitory is small, only about 8 tatami mats. The building seems a bit old, and the sound insulation is poor. Although there is a dedicated cleaning staff cleaning every day, there are few public toilets and bathrooms, so occasionally there are unclean conditions. There is a dormitory manager couple available 24 hours a day, so you can report any problems at any time. They also provide breakfast and dinner from Monday to Saturday, so you don't have to worry too much about meals.

During leisure time, the school also arranges cultural exchange activities such as watching baseball games, club experiences, and experiencing Japanese culture. If your schedule allows, you can sign up for these activities. However, some activities have limited spots and may not be able to accommodate all students who want to participate.

At the beginning, the school will assign two Japanese student partners to each exchange student. You can ask them various life questions. I think this system is very good. My partners helped me with various procedures when I first arrived in Japan, such as going to the ward office and opening a bank account. During the process, I could also communicate with them. On weekends, we would also plan trips to the

outskirts of Tokyo together. I also utilized my free time to travel to different places in Japan. I was very happy during the trips, although I occasionally encountered difficulties, they were all resolved smoothly. In addition to enjoying the beautiful scenery, I also grew a lot.

The specific benefits of the training are as follows:

1.Enhancement of Japanese language proficiency:

2.Living in Japan provides a firsthand experience of cultural differences, which may differ from prior knowledge gained through the internet or previous visits.

3.Opportunities for interaction with students from other countries

Hosei University is highly experienced in hosting international exchange students, as evidenced by their clear communication of complex procedures and willingness to listen to student feedback. The university's location in central Tokyo makes transportation convenient. Although the campus in Ichigaya is not large, it houses all administrative units, allowing for easy access to assistance when needed.

Regarding the strict learning regulations for exchange students mentioned earlier, while challenging, they result in significant gains. Prospective students considering an exchange at Hosei should assess whether these regulations align with their learning goals. Additionally, the university has a large number of European and American students, offering courses taught entirely in English. This dual-language learning environment is a rare opportunity.

Regarding accommodation, most exchange students opt for university-designated dormitories, of which there are only two options available, and students cannot choose. This is an area that could be improved, as the university offers more dormitory options in its information but only provides two choices. Perhaps the limited selection aims to streamline the management of exchange student accommodations. However, offering a greater variety of room types and price ranges could better accommodate different lifestyles.

Lastly, I highly recommend that students preparing for an exchange in Japan work on improving their Japanese language skills while in Taiwan. While basic English and Japanese are sufficient for daily life in a metropolis like Tokyo, as the exchange period is relatively short, lasting from one semester to one year, having a certain level of Japanese proficiency before arrival can greatly enhance the learning experience in Japan. Observing the Japanese language proficiency levels assigned to students before the start of classes, it can be seen that students from Taiwan, China, and Korea are mostly placed in higher-level classes.

Although there is a large foreign population living in Japan currently, and basic Japanese language skills are not necessary for daily life, having a certain level of proficiency allows for a deeper understanding of Japanese culture. It also opens up opportunities for part-time work during leisure time. Therefore, it is most efficient to improve Japanese language skills as much as possible before departure to fully immerse in the Japanese lifestyle during the short exchange period.